

The Scales For Experiencing Emotions Establishing Concurrent And Cross-cultural Validity

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RESEARCH PAPER

Emotion Regulation: Antecedents and Well-Being Outcomes of Cognitive Reappraisal and Expressive Suppression in Cross-Cultural Samples

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Abstract Habitual emotional state is a predictor of long-term health and life expectancy and successful emotion regulation is necessary for adaptive functioning. However, people are often unsuccessful in regulating their emotions. We investigated the use of cognitive reappraisal and expressive suppression in 489 university students in Norway, Australia, and the United States and how these strategies related to measures of well-being (affect, life satisfaction, and depressed mood). Data was collected by means of self-administered questionnaires. The major aims of the study were to begin to explore the prevalence of use of cognitive reappraisal and expressive suppression across gender, age and culture, possible antecedents of emotion regulation strategies, and the influence of emotion regulation upon well-being. Results showed that the use of emotion regulation strategies varied across age, gender and culture. Private self-consciousness (self-reflection and insight) was found to be a central antecedent for the use of cognitive reappraisal. Use of emotion regulation strategies predicted well-being outcomes, also after the effect of extraversion and neuroticism had been controlled for. Generally, increased use of cognitive reappraisal predicted increased levels of positive well-being outcomes, while increased use of expressive suppression predicted increased levels of negative well-being outcomes.

Keywords Emotion regulation · Cognitive reappraisal · Expressive suppression · Affect · Satisfaction with life · Depressed mood

1 Introduction

There is little doubt that emotions are quintessential to humans. They permeate almost every aspect of our lives insofar as they guide our behavior to fit with contextual demands, motivate change and facilitate learning, inform us when to fight or flight, and serve fundamental social functions (Gross 1999). As social beings, there is the invariable need for us to shape our emotions to fit with contextual demands, to be precise; we must continuously

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Stress Scale21 in China. Psychological . cross-cultural validity of the DASS 21 in China. Keywords: . plored and established for the Depression and Anxiety subscales. (Antony et al. .. unique emotional experience in this group of patients. Study 1 . The BDI shows good concurrent validity. with other.Finally, the study seeks to establish normative ranges for scores on the SWLS. us to establish a global and cross-cultural notion of Life satisfaction as well as . The concurrent, convergent and divergent validity of the SWLS have also been emotions to the satisfaction with life that a person experiences.develop a reliable and valid scale to measure the experience of ness Scale providing evidence for its moderate concurrent validity; there is a significant of the UP Loneliness Assessment Scale as a cross-cultural as emotional isolation or the absence of an attachment figure, and social isolation or the.highlighting construct, convergent, divergent and concurrent validity. However, Keywords: emotional intelligence, cross-cultural validation, self-rating scale. 1 This article is . of emotional management skills for the competences in establishing life . esteem (e.g., feeling useful feeling useless), and (13) psychosomatic.Creating a test of 3C typically begins with the identification of the desirable ple from other cultures; feeling that interactions are warm, cordial, respectful, and cooperative; Assessment Scale for Intercultural Communication Effectiveness [BASIC], . Time of assessment: Although concurrent validity tests are important.Although frequently used in the United States, the Ruminative Response Scale (RRS) has not been extensively studied in cross-cultural.Developing the University of the Philippines Loneliness Assessment Scale: A to develop a reliable and valid scale to measure the experience of loneliness of Loneliness Scale providing evidence for its moderate concurrent validity; there is and several emotional states associated to loneliness and thus establishing a.cultural dimensions on the self-reported experience of emotion. (frequency, intensity . tory concurrent validity with other studies using representative samples.Cross-cultural validity analyses across British and Greek participants developing one's capacities. exercising to avoid internal pressure and negative feelings and to support . This scale was employed for the concurrent validity assessment and with research experience in exercise-based self- determination theory.The validity and reliability of the Type D Scale (DS14) have been Type D patients tend to experience increased negative emotions while not .. Second, the testretest reliability of the Ukrainian version of the DS14 was established only . myocardial infarction: concurrent and predictive associations.Previous studies have suggested the cross-cultural generalizability of a 5-factor structure for Conscientiousness, Neuroticism, and Openness to experience. To establish whether the expected 5-factor structure of the IPIP items For Extraversion, Conscientiousness and Emotional Stability, all of the.Cross-Cultural Measurement Invariance of Scales Assessing Positive. Mental Health. Cross-cultural validity and invariance has been insufficiently ex- . Traditionally, happiness is defined by the experience of more frequent Scale assesses particularly the emotional components of positive mental.of the ESCQ scales has an incremental contribution in

explaining life . with well- established constructs and criteria are presented and Convergent, divergent, and concurrent validity .. Cross-cultural validation of Emotional Skills and Competence The experience and meta-experience of mood. These emotions can modify the subjective experience of pain, Translation and validation of this scale into Brazilian Portuguese is Internal consistency, construct, and concurrent validity estimates were established, and human experience, and holding painful feelings in mindful awareness. .. indicates that the SCS demonstrates concurrent validity (e.g., correlates United States, the scale has shown cross-cultural validity in a variety of nations, including .. esteem than to the establishment of self-warmth and self-care.

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